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Monday



TRAIL OF DESTRUCTION

Dozens are killed as a string of twisters ravages seven states **3**

'DOING OUR UTMOST'

Japan plant could leak radiation for six or nine more months 9



GONE IN AN INSTANT

Final-seconds goal lifts the Rangers over the Caps in Game 3 17



APRIL 18, 2011 | A PUBLICATION OF The Washington Pos NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY IN THEIR DREAMS FAA gives tired controllers an extra hour off but rejects calls to let them take naps on the clock 15

WHAT THE GOOSE THINKS

'My Mate Dies. This Loser Starts Stalking Me. Now I Have to Give Birth on TV?'

A web cam is now documenting the friendship between a deer and a goose in Buffalo, N.Y.'s Forest Lawn Cemetery. The camera is trained on a cement urn occupied by a Canada goose and her eggs. Often sharing the frame is a male deer that appears to have taken on the role of protecting the nest in the absence of the goose's mate. The camera will broadcast around the clock. (AP)

"No one volunteers when we ask for armpit samples."

— **RESEARCHERS** AT NORTH CAROLINA STATE UNIVERSITY EXPLAIN THE "BELLY BUTTON BIODIVERSITY PROJECT," IN WHICH SAMPLES FROM NAVELS WILL BE USED TO TEACH THE MASSES ABOUT THE BACTERIA FOUND ON SKIN.

SCAPEGOATS

Let's Blame Facebook Privacy Settings Again

A New York City woman who was getting \$850 a month in alimony because she was supposedly disabled and unable to work had her payments slashed after her ex-husband spotted online photos of her belly dancing. In other Internet postings, she wrote about dancing vigorously for several hours every day. Dorothy McGurk said the dancing was physical therapy. (AP)



FUN IN THE BALANCE: Nik Wallenda, a seventh-generation member of the "Great Wallendas" circus family, kicked off Santa Cruz, Calif.'s Beach Boardwalk Spring Break with two stunts: walking atop the Ferris wheel, above, and riding a motorcycle up a wire from the beach to the top of a tower. (AP)

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Nation



Birther Bill Vote in Ariz

er has until Thursday to act on a bill that would require all presidential candidates to prove their U.S. citizenship before their names can appear on the state's ballot.

Blagojevich's Retrial Starts

Jury selection starts Wednesday for Rod Blagojevich's retrial. He faces 20 charges, including allegations he sought to sell or trade an appointment to Obama's vacated U.S. Senate seat.

D.C. Does Earth Day

The National Zoo will host an Earth Day Party for the Planet on Friday. Visitors can bring in old cell phones and accessories to recycle, and also learn about othe eco-friendly choices.

Disastrous 7-State Storm Kills 45

Swath of carnage hits N.C. the hardest, spins off 62 deadly tornadoes

Raleigh, N.C.

Rescue crews searched for survivors in wind-blasted landscapes Sunday in North Carolina, the state hardest-hit by a storm system that spawned dozens of tornadoes from Oklahoma to Virginia and left dozens dead.

The spring storm, North Carolina's deadliest in two decades, spun off 62 tornadoes in that state alone Saturday night. Eleven people were confirmed dead in rural Bertie County, county manager Zee Lamb said.

Another four were confirmed dead in Bladen County, bringing the state's death toll to at least 21. Deaths reported by officials in five other states brought the U.S. toll to 45.

In the capital city of Raleigh, three family members died in a mobile home park, said Wake County spokeswoman Sarah Williamson-Baker. At that trailer park, residents lined up outside Sunday and asked police guarding the area when they might get back in.

Peggy Mosley, 54, who has lived in the park for 25 years, said she was prepared when the storm bore down on the trailer park. She gathered small pillows and hunkered down in her small bathroom. "I ... just sat



 $Karen\,Bailey\,cleans\,up\,the\,remains\,of\,a\,mobile\,home\,Sunday\,after\,a\,tornado\,in\,Askewville, N.C.\,Askewville, A.C.\,Askewville, Askewville, A.C.\,Askewville, Askewville, Askewvil$

Destruction's Wake

The devastating storm system claimed its first lives Thursday night in Oklahoma, then roared through Arkansas, Mississippi, Alabama and Georgia. Authorities have said seven died in Arkansas; seven in Alabama; two in Oklahoma; and one in Mississippi. In Virginia, local emergency officials reported seven storm-related deaths, said Virginia Department of Emergency Management spokesman Bob Spieldenner. (AP)

History Repeats

Gov. Beverly Perdue declared a

state of emergency in North Carolina and said the 62 tornadoes reported were the most since March 1984, when a storm system spawned 22 twisters in the Carolinas that killed 57 people — 42 in North Carolina — and injured hundreds. For the 2011 storm, the far-flung damage made it difficult to confirm the total number of deaths in North Carolina. The emergency management agency said it had reports of 22 fatalities, and the National Weather Service said 23 died. (AP)

in there and cried and prayed until it was over," Mosley said.

Farther up the street, Angelina McCaizie was also among those hoping to get back to their homes. She said she had been cooking when she saw the winds and rain pick up. She grabbed her children, nephew and brother and brought them into the kitchen, where everyone ducked until the storm passed.

When the storm was over, McCaizie, her husband and her brother went outside to check on neighbors. She said she saw several people bleeding and others with broken bones. McCaizie also said one resident ran up to her shouting, "Please help me! Please help me! I need 911."

"It was horrible," McCaizie said.
TOM FOREMAN JR. (AP)

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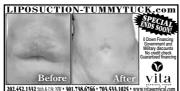


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Nation

A Tragedy's Ugly Truth

Experts: Moms who kill their children not as rare as we think

New York

"How could she?"

It's the headline du jour whenever a horrific case emerges of a mother killing her kids, as Lashanda Armstrong did when she piled her children into her minivan and drove into the Hudson River last week.

Our shock at such stories is, of course, understandable, but mothers kill their children in this country much more often than most people would realize by simply reading the headlines; by conservative estimates, it happens every few days, at least 100 times a year.

Experts say more mothers than fathers kill their children under 5 years of age. And some say our reluctance as a society to believe mothers would be capable of killing their offspring is hindering our ability to recognize warning signs, intervene and prevent more tragedies.

How common is filicide, or killing one's child, among mothers?



From left: Hetty Minatee, Hattie Beamon, Desiree Watson and Areli Ortiz hug Thursday during a vigil for Lashanda Armstrong and her three kids, who drowned Tuesday.

"I'd say a mother kills a child in this country once every three days — and that's a low estimate."

- CHERYL MEYER, CO-AUTHOR OF "MOTHERS WHO KILL THEIR CHILDREN."

Finding accurate records is nearly impossible, experts say. Also, many cases doubtless go unreported or undetected, such as very young mothers who kill their newborns after hiding the entire pregnancy.

Several databases track such killings but do not separate moth-

ers from fathers or stepfathers. At the Department of Health and Human Services, the National Child Abuse and Neglect Data System reported an estimated 1,740 child fatalities — meaning when a child dies from an injury caused by abuse or neglect — in 2008.

JOCELYN NOVECK (AP)

Federal Taxes Drop Dramatically for Super-Rich

Washington

As millions of procrastinators scramble to meet Monday's tax filing deadline, ponder this: The super-rich pay a lot less taxes than they did a couple of decades ago.

The Internal Revenue Service tracks the tax returns with the 400 highest adjusted gross incomes each year. The average income on those returns in 2007, the latest year for IRS data, was nearly \$345 million. Their average feder-

Tax Code Overhaul

The sheer volume of tax credits, deductions and exemptions has both Democrats and Republicans calling for tax laws to be overhauled. House Republicans want to eliminate breaks to pay for lower overall rates, reducing the top tax rate from 35 percent to 25 percent. Republicans oppose raising taxes, but they argue that a more efficient tax code would generate additional tax revenue. (AP)

al income tax rate was 17 percent, down from 26 percent in 1992.

The top income tax rate is 35 percent, so how can people who make so much pay so little in taxes? The nation's tax laws are packed with breaks — for having children, paying a mortgage, going to college and even for paying other taxes. There are so many breaks that 45 percent of U.S. households will pay no federal income tax for 2010, according to estimates by D.C. think tank Tax Policy Center. (AP)

The number of chemicals of known or suspected human carcinogens injected into wells from 2005 to 2009 by leading oil and gas service companies, according to a Saturday report by three House Democrats. The chemicals are injected during hydraulic fracturing, a process used in combination with horizontal drilling to allow access to natural gas reserves previously considered uneconomical. (AP)

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Nation



INNOVATIONS

Beyond the Sea

Lobsters aren't just for eating anymore. The shells from Maine's signature seafood are being used to manufacture decorative tiles, trivets and coasters. And at the University of Maine, a professor has developed prototypes of biodegradable golf balls and plant pots made out of ground-up lobster shells. (AP)

Geithner: Debt Ceiling Will Rise

Treasury secretary says GOP, Congress will prevent default

Washington

Treasury Secretary Timothy Geithner says Republican leaders have privately assured the Obama administration that Congress will raise the government's borrowing limit in time to prevent an unprecedented default on the nation's debt.

But a top Republican quickly pushed back Sunday and said there was no guarantee the GOP would agree to increase the \$14.3 trillion debt ceiling without further controls on federal spending.

Geithner told ABC's "This Week" and NBC's "Meet the Press"



Geithner

that Republicans told President Obama in a White House meeting last Wednesday that they will go along with a higher limit.

"I want to

make it perfectly clear that Congress will raise the debt ceiling," Geithner said in the interviews taped Saturday and aired Sunday.

Budget's Blueprint



Rep. Paul Ryan wrote the 2012 budget blueprint that the House passed on Friday. The plan for the budget year that

begins Oct. 1 cuts \$6.2 trillion over the coming decade and transforms Medicare for people under 55. The government is projected to reach its borrowing limit no later than May 16 and risks going into a default. Geithner has said he will have few options that would delay a possible government default until about July 8. (AP)

He said the leaders told Obama that they couldn't play around with the government's credit rating. "They recognize it, and they told the president that on Wednesday in the White House," Geithner said.

But Rep. Paul Ryan, the chairman of the House Budget Committee, said that while it was true nobody wants the country to default, it's essential to address future borrowing at the same time.

"We want cuts in spending accompanying a raising of the debt ceiling. And that is what we have been telling the White House," said Ryan, R-Wis., on CBS' "Face the Nation." (AP)

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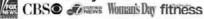
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1 CAIRO

Egyptian Court Disbands Mubarak's Ruling Party

Former president Hosni Mubarak's political party was ordered disbanded Saturday by an Egyptian court, in a concession to protesters who have questioned whether Mubarak's ouster more than two months ago brought about major change. (THE WASHINGTON POST)

🔼 JAKARTA. INDONESIA

Mosque Attack Kills 28

A suicide bomber blew himself up as police were praying Friday in the West Java town of Cirebon, wounding 28 people in the first attack on a mosque since extremists began targeting the predominantly Muslim country a decade ago. Experts fear it could signal a "hardening" of local militants. (AP)

"There will never ever, ever, ever be me admitting to things that are false and not true. I acted honestly."

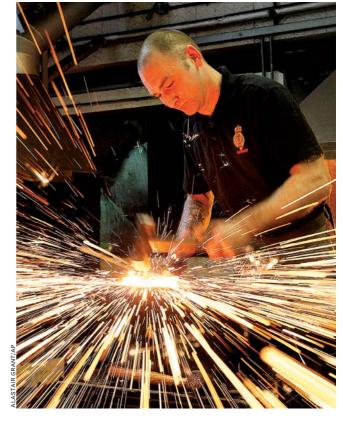
- ROD BLAGOJEVICH, THE FORMER GOV-ERNOR OF ILLINOIS, SPEAKING SATURDAY ABOUT HOW HE HAS NEVER CONSIDERED A PLEA DEAL IN HIS CORRUPTION CASE.



4 ABIDJAN, IVORY COAST

Ivory Coast Frees Many Arrested in Gbagbo Sting

Ivory Coast on Saturday freed dozens of family members and workers of Laurent Gbagbo. Officials said the government released nearly 70 of about 120 people arrested when fighters stormed the residence where Gbagbo had dug in after refusing to leave office. (AP)



Sparks Fly Before Wedding

A blacksmith fashions a horseshoe on Friday in London's Hyde Park for the Household Cavalry Mounted Regiment, which will provide the ceremonial escort for many members of the British royal family during the April 29 wedding of Prince William and Kate Middleton.

6 KANDAHAR, AFGHANISTAN **Slaying of Police Official Undercuts Afghan Gains**



A suicide bomber on Friday killed the top police official in Kandahar province, government spokesmen said. The blast that

killed Khan Mohammad Mujahid also killed two other officers and wounded three, officials said. The attack, which the Taliban took responsibility for, was a hard blow for Afghanistan's fledgling security forces. Mujahid was perceived as one of Afghanistan's most capable and experienced security chiefs. (AP)

T HAVANA

Castro Urges Term Limits

President Raul Castro on Saturday urged political change in Cuba, saying politicians and others should be limited to two five-year terms, a remarkable statement on an island run by him and his brother, Fidel, for more than 50 years. (AP)

8 WASHINGTON

The estimated amount of first-time home-buyer tax credits given to Americans who likely didn't qualify, a government report said Friday. (AP)



Every Thursday in Express

World

Plan to End Japan's Nuclear Crisis Arises

Full containment is likely 6 months out at least, officials say

Tokyo

The operator of Japan's crippled nuclear plant laid out a blueprint Sunday for stopping radiation leaks and stabilizing damaged reactors within the next six to nine months as a first step toward allowing some of the tens of thousands of evacuees to return to the area.

While the government said the timeframe was realistic, those forced to flee their homes, jobs and farms were frustrated that their exile is not going to end soon. And officials acknowledge that unforeseen complications could set that timetable back even further.

"Well, this year is lost," said Kenji Matsueda, 49, who is living in an evacuation center in Fukushima. "I have no idea what I will do. Nine months is a long time. And it could be longer. I don't think they really know."

Pressure has been building on the government and plant operator Tokyo Electric Power Co. to resolve Japan's worst-ever nuclear power accident since the March 11 earthquake and tsunami knocked out power and cooling systems at the Fukushima Dai-ichi complex.

On orders from Prime Minister Naoto Kan, TEPCO drew up the



Secretary of State Hillary Rodham Clinton vis-

ited Tokyo on Sunday to show support for Japan in the wake of the March 11 earthquake and tsunami. Clinton had tea with the emperor and empress, who have been visiting evacuation centers. She also met with officials, including Foreign Minister Takeaki Matsumoto, who asked for U.S. feedback on TEPCO's plan to combat the nuclear crisis, Clinton said. (AP)

blueprint and publicly explained its long-term strategy — for the first time since the disaster — for containing the crisis.

"We sincerely apologize for causing troubles," TEPCO Chairman Tsunehisa Katsumata said. "We are doing our utmost to pre\$12K

The initial amount each evacuated household in japan will receive in compensation from Tokyo Electric Power Co., which operates the crippled Fukushima Dai-ichi plant. (AP)

vent the crisis from further worsening."

TEPCO plans to deal with the crisis in two stages. First, the company will focus on cooling the reactors and spent fuel pools, and reducing leaking radiation. It will also aim to decontaminate water and lower radiation levels in the evacuation area, Katsumata said.

In the next stage, TEPCO aims to firmly control the release of radioactive materials, achieve a cold shutdown of the reactors and cover the reactor buildings.

"Given the conditions now, this is best that it could do," said Hidehiko Nishiyama of the government's Nuclear and Industrial Safety Agency. (AP)

In Brief

KIEV, UKRAINE

Chernobyl Cleanup Vets Protest Cuts to Benefits

About 2,000 veterans of the Chernobyl cleanup operation rallied Sunday in Ukraine's capital city, Kiev, to protest drastic cuts in the benefits and pensions they receive to compensate them for their exposure to radiation. The protest came just days before the 25th anniversary of the April 26, 1986, explosion at the nuclear power plant that sent clouds of radiation over much of Europe. (AP)

CAIRO

3 Ex-Egyptian Officials Charged With Corruption

Egypt's ex-prime minister Ahmed Nazif and two other former Cabinet members were charged with corruption Sunday in the latest step in a campaign to bring officials of Hosni Mubarak's toppled regime to justice for years of corruption, rights abuses and other crimes. The three men were charged with wasting more than \$15 million in public money and profiteering, the official news agency reported. (AP)



cuts in their benefits in Kiev, Ukraine.

KABUL, AFGHANISTAN

8 NATO Troops Killed By Afghan Insurgents

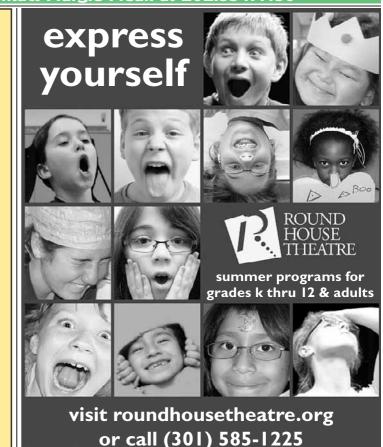
Insurgent attacks in Afghanistan killed eight NATO service members on Saturday in one of the deadliest days for the military coalition this year, signaling the start of what many fear will be a violent fighting season as President Obama looks to start drawing down troops, authorities said Sunday. Two separate bomb blasts in the south killed three soldiers, and a suicide bombing killed five service members in the east. (AP)

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World



Yemeni women chant prayers during anti-government protests in San'a, Yemen.

Rage Crescendos In Yemeni Streets

Leader's comments against mingling of sexes brings protests

San'a. Yemen

Security forces fired on anti-government protesters in Yemen's capital Sunday as hundreds of thousands of marchers - including many women — packed cities across the country to denounce the president and remarks he made against women taking part in rallies demanding his ouster.

The massive turnout suggests opposition forces have tapped into fresh outrage against Ali Abdullah Saleh after his comments Friday that the mingling of men and women at protests violated Islamic law.

A youth movement called for mass protests Sunday, dubbed a day of "honor and dignity" that brought out an outpouring of women.

In the capital, San'a, authorities

Meanwhile...

Gunmen opened fire at a funeral for an anti-government protester on Sunday near Homs, Syria, killing at least three people and wounding dozens, witnesses said. Meanwhile, tens of thousands of people took to the streets nationwide in demonstrations against the authoritarian regime. Syrian forces have cracked down on protests in recent weeks, killing at least 200 people, according to human rights groups. (AP)

opened fire with live ammunition and tear gas, wounding at least 30 people, witnesses said. In Damar, similar clashes injured at least 18 people, said medical officials.

A crackdown on protesters by Saleh's forces has killed more than 120 people, according to Yemeni rights groups. Saleh has clung to his 32-year reign despite the neardaily protests. (AP)



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World



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Piety on Palm Sunday in Haiti



A WOMAN CARRIES PALM FRONDS Sunday before Mass in Port-au-Prince, Haiti, at the national cathedral, which was damaged in the January 2010 $earth quake. \, The \, day \, marks \, the \, start \, of \, Holy \, Week \, for \, Christians \, and \, is \, rooted \, in \,$ the tradition that people laid palm branches to adorn Jesus' path in Jerusalem.

Gadhafi Troops Intensify Barrage

Ajdabiya, Libya

Moammar Gadhafi's forces shelled the eastern edge of Ajdabiya on Sunday, bringing the fight to the front-line rebel town that has been the scene of fierce fighting in recent weeks.

Booms rocked the city, sending cars fleeing north through a sandstorm to more securely held rebel territory. Rebel forces fired back with rockets, and no government forces entered the city, said rebel fighter Awad Sathi.

The government strikes highlight the rebels' inability to hold territory, as weeks of fighting has seen neither side able to make significant advances. The NATO-led air campaign has kept rebels from



A Libyan rebel flashes the "V for victory" sign Sunday near Ajdabiya, Libya.

being defeated, but it still has not been enough to turn the tide.

In Paris, French Defense Minister Gerard Longuet dismissed statements from a top NATO official that the alliance is short of aircraft. Longuet said instead that the mission in Libya is hampered by a lack of ground information. (AP)



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Metro Mulls Service Cuts

Agency to hold public meetings on plans for fewer weekend trains

Budget Shortfall

Metro will hold town-hall meetings and public hearings in mid-May on possible service cuts and other measures to help close a \$72.5 million operating budget gap for the fiscal year that begins in July.

The shortfall in Metro's fiscal 2012 operating budget of \$1.4 billion resulted from several factors, including slower-than-projected revenue growth of \$23.8 million caused in part by last year's fare increases as well as \$16 million in expenses carried over from last year's snowstorms.

The proposed service cuts that will be on the docket for public hearings — scheduled for May 16 through May 20 — would not be implemented until September. They include reductions in weekend rail service that would save Metro about \$6.6 million.

The cuts would increase the time between trains on Saturday and Sunday by five to six minutes during the day and up to 25 minutes after 9:30 p.m.

A last-minute bid to eliminate the rail portion of the service cuts failed after the Metro board voted down an amendment by two of the newest board members from Maryland, Michael Barnes and Alvin Nichols, to remove them.

"The service on weekends is already about as inconvenient, in



Riders wait for a train Jan. 7. Metro is considering cutting back on late-night service.

Expansion Plan

Metro's finance panel approved a \$2.5 million plan to be funded by D.C. to increase Union Station's capacity. The plan, which will go before the full board April 28, would add escalators and elevators and expand the station's platform, mezzanine and concourse.

terms of headways, as we want to have it," said Barnes, who was attending his first board meeting.

Other board members argued that with jurisdictional budgets tight, all options needed to remain on the table for public discussion.

A proposal to eliminate some bus routes would save an addition-

al \$1.26 million. Metro bus routes singled out for cutting include the K1 route between Takoma Park and Walter Reed Army Medical Center, the N8 between Tenley and Glover Park, and the E6 in Chevy Chase. In addition, an extension of the M4 line along Nebraska Avenue would be halted.

A third proposal would eliminate a customer discount by ending a 50-cent-per-trip subsidy by the District for bus riders in Anacostia. which dates from the extension of the Green Line in the early 1990s.

After the biggest fare hike in Metro history last year, the board has ruled out fare increases as a way to close the budget gap. ANN SCOTT TYSON (THE WASHINGTON POST)



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METRO PULSE

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Barbara Kagan, TENLEYTOWN

BE HEARD: TO SHARE YOUR OPINION, VISIT EXPRESSINGHTOUT, COM/DCRIDER

No Faith in Obama for a D.C. Vote

Advocates of voting rights feel president has abandoned them

Washington

President Obama's arrival in the White House two years ago inspired unabashed optimism among civic leaders in the District, who had long yearned for an ally to trumpet their quest for statehood and voting rights in Congress.

As the country's first black president, Obama's words and biography suggested an innate appreciation for political disenfranchisement. If anyone could understand the plight

of a second-class citizenry, it had to be a former community organizer on Chicago's South Side.

That Obama has not met those expectations is disappointing enough for those who view the District's status as nothing less than the deprivation of a basic civil right. But their frustration is magnified by who Obama is and what they wanted from an African-American president residing in the nation's most prominent and predominant black city.

"The expectations were very high that, since he had made human rights [as] an important part of his platform, he would speak out for D.C.," said Philip Pannell, a former



President Obama visited Ben's Chili Bowl with then-Mayor Adrian Fenty in 2009.

member of the D.C. Democratic State Committee and longtime advocate for statehood. "It seems that President Obama's heart and his conscience are missing in action."

In the past week, the same peo-

ple who saw hope in Obama's jaunts across the city just before his inauguration — remember that halfsmoke he ate at Ben's Chili Bowl? have excoriated him for relegating the District to the status of bargaining chip in a broader budget game with House leaders.

"The greatest assault is indifference, and he has the hubris to take us for granted," Mark Plotkin, a WTOP political commentator, said of Obama. "He went to Cairo to talk about democracy. He won't go to Brentwood or Deanwood. He has not made one utterance about D.C. to D.C. in D.C." PAUL SCHWARTZMAN AND NIKITA STEWART (THE WASHINGTON POST)

In Brief

FORT WASHINGTON, MD.

Man Dies After Being Found on Fire at Home

Prince George's County fire officials say a 67-year-old man died after he was found on fire at a Fort Washington group home. Fire department spokesman Mark Brady says a caretaker alerted by a smoke alarm found the man on fire in his room in the home in the 2800 block of Cricklewood Drive on Saturday morning. Brady says investigators are still looking into the cause of the fire, but one possible factor is that the man was a smoker. (AP)

BALTIMORE

20K Gallons of Sewage Dumped in Outer Harbor

Baltimore's Department of Public Works says a power outage sent about 20,000 gallons of sewage into the outer harbor. The 40-minute outage at the Patapsco Wastewater Treatment Facility on Saturday evening caused a 40,000 gallon overflow. About half of the overflow reentered the sanitary sewer on site, but the rest went into the storm drain system and then into the outer harbor. (AP)

BERLIN, MD.

Assateague Island Drops

Assateague Island National Seashore is waiving its entrance fee for National Park Week, allowing free access to the shore in both Maryland and Virginia. Entrance fees will be waived through

Fees for Park Week

April 24. (AP)

Va. Tech Honors 2007 Shooting Victims

Blacksburg, Va.

Virginia Tech honored the lives of the 32 people who were killed four years ago in the worst mass shooting in U.S. history on Saturday.

The Blacksburg school's annual Day of Remembrance activities included a community picnic, and a scheduled evening candlelight vigil and university commemoration at the Drillfield memorial. A memorial run was canceled due to weather.

Various other events were scheduled throughout campus on Saturday, including a memorial exhibit and slide show. Remembrances also were held at the state Capitol, in Richmond.

The events honored those who died or were injured in the shootings on April 16, 2007. Student Seung-Hui Cho fatally shot 27 students and five faculty members before killing himself.

Gov. Bob McDonnell declared



Sophomore Emily Parillo places a flower on a victim's memorial name stone Saturday.

Saturday Virginia Tech Remembrance Day, and flags were flown at half-staff statewide.

A moment of silence was held

at 9:43 a.m., followed by the ringing of the Capitol Square bell for each of the 32 people killed.

McDonnell led an official state

day afternoon, including the dedication of bricks memorializing each shooting victim on the pathway leading to the Capitol's visitor center called the "Pathway to Liberty."

ceremony at the Capitol on Satur-

He spoke of the tragedy and how it has affected so many Virginians.

The governor was joined by members of his family, Attorney General Ken Cuccinelli and other officials.

Also present at the ceremony was Alicia Farrell, the sister of Jarrett Lee Lane, a 22-year-old civil engineering major from Narrows, Va., who was killed in the shootings. (AP)

washingtonpost.com

Virginia Tech's president, Charles W. Steger, speaks about the panel he created after the shootings to learn more about the student health system. Shooter Seung-Hui Cho had a history of mental health issues prior to his spree.

The Lotteries Sunday, April 17

District

Mid-day Lucky Numbers 1-	4-7
Mid-day DC 4	5-5
D.C. Five (Sun.) 1-0-7	-1-1
Maryland	
Mid-day Pick 3 0-	2-0
Mid-day Pick 40-0-	4-2
Virginia	
Mid-day Pick 30	-1-2

Mid-day Cash 5 5-26-28-31-32 All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Mid-day Pick 4...... 4-2-9-1

The number of solar panels American University will install as part of a plan to become carbon-neutral by 2020, the school announced Friday. The university says it also plans to install a wind turbine on top of a parking garage and a generator that runs on used cooking oil from the campus dining hall. (THE WASHINGTON POST)

Money

PAST THE **PUM**

Four-dollar gasoline is just a part of it. The Consumer Price Index has climbed 2.7 percent in the past 12 months, according to government statistics released Friday. That's the largest rise since 2009. Price increases will continue in the months ahead as companies pass along the higher costs of raw materials, transportation and other expenses. Here is a snapshot of some areas where prices are rising. DAVE CARPENTER (AP)



Produce

costs have risen 23 percent in three months, including bananas up 10 percent and potatoes up 39 percent.



Packaged food prices have gone up due to rising costs for corn, wheat and many other ingredients, along with fuel. Among those announcing price hikes: B&G Foods, maker of fruit spread, canned goods and sauces; ConAgra Foods, whose brands include Banquet, Chef Boyardee and Healthy Choice; General Mills, the maker of Nature Valley snack bars and Cheerios; H.J. Heinz, the world's largest ketchup maker; Kellogg, which makes Frosted Flakes and Pop Tarts; spice maker McCormick & Co.; and Sara Lee, the maker of frozen desserts. Safeway, Supervalu and other supermarkets are passing the higher costs along to customers.

The rise in airfare in the six months ending in February.

Airlines

upped domestic round-trip fares a half-dozen times this year by \$4 to \$10 each to absorb consistently rising fuel costs.

The average price per gallon for gasoline that consumers paid nationwide on Friday, according to the travel group AAA, While we don't have \$5 gas yet, it may be coming. Gasoline prices leapt 6 percent last month and have risen 28 percent in the past year, signaling an upcoming rise.



Household products

such as diapers, soap, toilet paper, toothpaste, trash bags and many others have been targeted for price hikes as major brands respond to rising ingredient costs.

Chocolate producer Hershey's raised its wholesale prices by nearly 10 percent in late March, but consumers may not feel the pinch until after the big Easter season, because many retailers will be able to make purchases at the old prices for about eight weeks.



Fast-food

restaurants such as McDonald's are passing on higher ingredient costs to customers. Rival Wendy's/ Arby's is expected to raise prices because of what it says will be 15 percent higher beef costs.

Insurance providers State Farm and Allstate are pursuing price hikes. State Farm just pushed through an average rate hike of 18.8 percent for Florida homeowners and is seeking double-digit rate hikes in select other states. Allstate has been raising its auto insurance rates in numerous states.



Coffee prices jumped 27 percent between December and March as companies passed along the record cost of unroasted beans. Starbucks boosted the prices it charges retailers for packaged coffee by up to 12 percent — its first increase in three years. J.M. Smucker, which sells Folgers and Dunkin' Donuts brands, has raised prices several times during the past year. Sara Lee, Kraft Foods and Green Mountain Coffee Roasters also have raised prices.

"When prices at the pump rise and wages don't, already strained budgets show the pain."

- DIANE SWONK, CHIEF ECONOMIST AT MESIROW FINANCIAL IN CHICAGO, ON THE RAPIDLY RISING GASOLINE PRICES AFFECTING CONSUMERS WHO ALREADY MAY BE HARD-HIT BY THE LAGGING ECONOMY.

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Cover Story

FAA's Sleep Proscription

New federal rules aim to stave off an alarming habit for air controllers

Washington

The government said Sunday it is giving air traffic controllers an extra hour off between shifts so they don't doze off at work, a problem that stretches back decades. But officials rejected the remedy that sleep experts say would make a real difference: on-the-job napping.

"On my watch, controllers will not be paid to take naps. We're not going to allow that," Transportation Secretary Ray LaHood said.

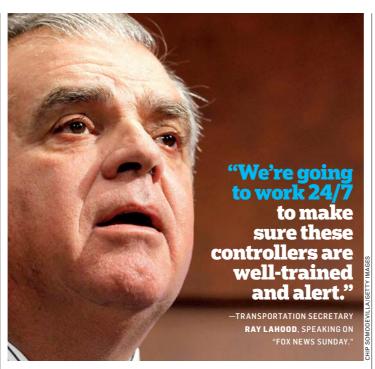
That's exactly the opposite of what scientists and the Federal Aviation Administration's own fatigue working group say is needed after five cases disclosed since late March of sleeping controllers. The latest one occurred just before 5 a.m. Saturday at a busy regional radar facility that handles highaltitude air traffic for much of Florida, portions of the Atlantic Ocean and the Caribbean Sea.

It has been an open secret in the FAA dating to at least the early 1990s that controllers sometimes sleep on the job.

Scientists say it would be surprising if controllers didn't doze sometimes, because they are trying to stay awake during the time of day when the body naturally craves sleep.

Studies show that 30 percent to 50 percent of night-shift workers report falling asleep at least once a week while on the job, according to Dr. Charles Czeisler, chief of sleep medicine at Brigham and Women's Hospital in Boston.

Several other countries, including Germany and Japan, permit controllers to take sleeping breaks,



and they provide quiet rooms with cots for that purpose.

Six of eight present and former controllers interviewed by The Associated Press acknowledged they briefly fell asleep while working alone at night at least once in their careers. Much more common is taking a nap on purpose, they said. On midnight shifts, one controller will work two positions while the other one sleeps, and then they switch off, controllers said.

Such unsanctioned arrangements sometimes allow control-

lers to sleep as much as three or four hours out of an eight-hour shift, they said.

The FAA does not allow controllers to sleep at work, even during breaks. Controllers who are caught can be suspended or fired. But at many air traffic facilities, sleeping swaps are tolerated as long as they don't affect safety, controllers said.

"It has always been a problem," said former controller Rick Perl, who retired last year.

In January, an FAA and National Air Traffic Controllers Association working group — relying on sleep research by NASA, the Air Force and others — recommended letting controllers nap for as long as 2½ hours on midnight shifts. They also recommended that controllers be allowed to sleep during the 20- to 30-minute breaks they receive during day shifts.

Instead, the FAA's new rules will give controllers at least nine hours off between shifts, compared with eight now. That also was recommended by the working group, but a summary of its report notes the extra hour will likely result in

Flashback

The Danger Zone

The problem of tired controllers was highlighted by the National Transportation Safety Board after a 2006 crash of a regional airliner in Lexington, Ky., that killed 49 of the 50 people aboard. The lone controller in the tower was wrapping up a schedule that compressed five eight-hour shifts into four days. The board cited pilot error as the cause of the accident but noted the controller had slept only two of the previous 24 hours. (AP)

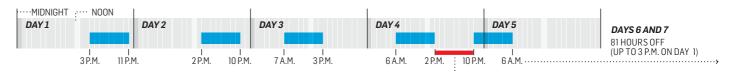
only a "slight improvement" on midnight shifts.

Controllers won't be able to swap shifts to get a long weekend unless there's at least nine hours off from the end of one shift to the start of the other, the FAA said.

More managers will also be on duty during the early morning hours and at night to remind controllers that nodding off is unacceptable. JOAN LOWY (AP)

Working the 2-2-1

Atthough scheduling is flexible to meet the air traffic system's demands, one of the most popular schedules is known as the 2-2-1. Under it, a controller begins the workweek with two evening shifts, does a quick turnaround to a pair of day shifts and then does another quick turn before an overnight shift. Those quick turnarounds—usually just eight hours—have been blamed for controller fatigue. The 2-2-1 is favored by many controllers because it compacts their workweek and creates a weekend of at least three days. That schedule format would be altered to extend the number of hours off under the new plan, but it would not be fundamentally changed, according to an internal union memo sent Saturday night. (THE WASHINGTON POST)



OTHER OPTIONS: Most tiring are the midnight shifts, which usually begin about 10 p.m. and end about 6 a.m. A new study, which has not been released, found that one of the most tiring schedules worked by controllers is a week of midnight shifts, followed by a week of early morning shifts and a week of swing shifts. It doesn't allow time to adjust to any set waking and sleeping hours. (AP)

**PROBLEMATIC*: In a 2008 report, the National Safety
Transportation Board found "the schedule is problematic because it
typically includes short rest period of just eight or nine hours between
shifts, allows minimal time for sleep when other necessary daily
activities are taken into account, and may include rest periods during
daytime hours, when quality sleep may be difficult to obtain." (TWP)



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MedStar Health



Sports



Karl Alzner and Michal Neuvirth look on as the Rangers celebrate Vinny Prospal's third-period goal Sunday. The Rangers scored twice in the third period to take the victory.

Caps Let One Slip at MSG

Rangers claw back into series with gritty victory on home ice

The Capitals

Brandon Dubinsky's goal with 1:39 left snapped a tie, and the Rangers' struggling offense woke up enough to beat the Washington Capitals 3-2 on Sunday and get New York back in the first-round playoff series.

After the Rangers managed only one goal in two losses at Washington, Dubinsky, Vinny Prospal and Erik Christensen figured out young Capitals goalie Michal Neuvirth to help New York cut the series deficit to 2-1.

Game 4 of the Eastern Conference matchup will be at Madison Square Garden on Wednesday night.

Henrik Lundqvist was sharp again and made 24 saves for the win. New York got 35 shots through on Neuvirth after a combined 47 in



Referee Chris Rooney left the game in the second period, causing a delay in play.

the opening two games -2-1 and 2-0 losses.

Alex Ovechkin had a goal and an assist for the Capitals, who are 1-4 in series in which they lead 2-0.

Dubinsky popped up a shot off Neuvirth, and the puck found its way in while the teams were playing 4-on-4. Washington had erased a 2-1 deficit with 5:12 remaining when Mike Knuble scored a power-play goal.

The building fell silent when Knuble tied it while New York top forward Marian Gaborik sat in the penalty box after being called for cross-checking. Gaborik has been at the center of the Rangers' scoring woes, recording no goals and four assists in the past 12 games. He is pointless in the series.

Prospal gave the Rangers a 2-1

Impact Pickup

The Capitals lost in regulation for the fourth time since acquiring forward Jason Arnott from the New Jersey Devils. The team is 17-4-1 since he arrived. (AP)

.....

lead when he slammed in a rebound of defenseman Marc Staal's shot, a drive that struck Neuvirth high in the shoulder and caromed to Prospal near the right post at 8:01 of the third.



The Rangers thought they took their second lead in the final second of the second period when the puck got past Neuvirth inside the right post as the buzzer sounded and the green light above the net went on, signaling that time ran out.

While there was no dispute that the puck was in the net, the officials needed to go to video replay to see if the goal was scored in time. Replay officials determined that the clock struck 0.0 before the puck completely went over the line, and the goal was called off. (AP)

In Brief



Rafael Nadal celebrates his win over David Ferrar Sunday in Monte Carlo.

TENNIS

Nadal Wins Seventh Straight at Monte Carlo

Rafael Nadal won his seventh-straight Monte Carlo Masters title Sunday by beating David Ferrer 6-4, 7-5 in an all-Spanish final. This was his first tournament victory since October, ending a run of three consecutive defeats in title matches. The top-ranked Nadal won for the 37th-straight time at this clay-court event, where he has not lost since 2003. It was his 44th career title—but first since the Japan Open—and 19th at a Masters event. (AP)

SOCCER

Stoke Stomps Bolton, 5-0, To Reach FA Cup Final

Stoke routed Bolton 5-0 Sunday to reach the FA Cup final for the first time in the team's 148-year history. This was the biggest victory in an FA Cup semifinal since 1939 when Wolverhampton beat Grimsby by the same score. Stoke, the Premier League's oldest club, will play Manchester City for the title at Wembley on May 14. Man City defeated Manchester United 1-0 Saturday in the other semifinal. (AP)

BASKETBALL

Wade Out With Migraine

One of Dwyane Wade's biggest rivals is back, at the worst possible time for the Miami Heat. Wade did not practice Sunday because of symptoms of a migraine, a problem that has plagued him for years. His status for Game 2 of Miami's Eastern Conference first-round series against the Philadelphia 76ers on Monday is unclear. (AP)



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Sports

Pudge, Nationals Blast Brewers

Offense explodes in first doubleheader at Nats Park since '09

The Nationals

Danny Espinosa and Ivan Rodriguez each hit three-run home runs, Jason Marquis pitched into the eighth inning, and the Washington Nationals beat the Milwaukee Brewers 8-4 Sunday in the first game of a doubleheader.

Ian Desmond also homered for the Nationals, who set season bests with eight runs and 11 hits.

Marquis (1-0) allowed two runs on nine hits in seven-plus innings.

He struck out four and walked one. It was Marquis' first home win in eight tries with the Nationals.

Espinosa's second homer of the season gave the Nationals a 4-2 lead in the fifth inning. One inning later, Rodriguez hit his first home run of

the year, making it a five-run lead.



Yovani Gallardo (1-1) allowed seven runs on 10 hits, striking out five without a walk.

Casey McGehee was 3 for 5 with an RBI for the Brewers.

Saturday's game was rained out, leading to the first doubleheader at Nationals Park since 2009.



Nationals catcher Ivan Rodriguez reacts after hitting a three-run homer Sunday.

To replace the slumping Desmond, Espinosa was moved to the leadoff spot on Friday. Desmond, batting sixth, started the season 0 for 29 at home before his sixthinning double. Desmond hit his second homer of the season in the eighth.

Gallardo had trouble in the fifth, giving up singles to Alex Cora and Marquis before Espinosa sent a full-count fastball into the Nationals' right field bullpen.

In the sixth inning, Morse's single and Desmond's double set up Rodriguez's homer, which just cleared the wall above the out-oftown scoreboard in right-center field. (AP)

MLB SCOREBOARD

Angels 4, White Sox 2

Twins 4, Rays 2

Red Sox 8, Blue Jays 1

Mets 3. Braves 2

Phillies 3, Marlins 2

Pirates 7, Reds 6

Indians 4. Orioles 2

Padres 8. Astros 6

Mariners 3, Royals 2

Tigers, Athletics (late)

Cubs. Rockies (late)

Cardinals, Dodgers (late)

Diamondbacks, Giants (late)

Nationals, Brewers, Game 2, (late)

Rangers, Yankees (late)

Late game results: washingtonpost.com

Paul's 33 Power Hornets Past Lakers in Game 1

Pro Basketball

Chris Paul had 33 points, 14 assists and seven rebounds, and the New Orleans Hornets pulled away down the stretch, stunning the two-time defending NBA champion Los Angeles Lakers with a 109-100 victory in their playoff opener Sunday.

Carl Landry scored 17 points and Jarrett Jack added 15 for the seventh-seeded Hornets, who overcame Los Angeles' major size advantage with a phenomenal game from Paul. The star playmaker scored 15 points in the fourth quarter, leading a late 8-0 run.

Kobe Bryant scored 34 points for the Lakers, who are the No. 2 seed in the Western Conference.

Ron Artest had 16 points and 11 rebounds for the Lakers, who swept the four-game regular-season series with New Orleans. They had won their last six playoff series openers since Houston beat them in the Western Conference semifinals in 2009. Game 2 is Wednesday at Staples Center. (AP)

Grizzlies Stun Spurs for First Playoff Win

Pro Basketball

The Memphis Grizzlies own the first upset of the NBA playoffs, and they made history in the process.

Zach Randolph had 25 points and 14 rebounds, and Shane Battier hit the go-ahead 3-pointer with 23.9 seconds left, and the eighth-seeded Grizzlies won the first playoff game in franchise history, 101-98 over the San Antonio Spurs on Sunday.

Randolph, who scored nine in the fourth quarter and punished San Antonio under the basket, might have saved his hardest contact for a chest bump with Mike Conley after the final buzzer. The rest of the Grizzlies bench spilled onto the court, waving towels and leaping back into the locker room.

Memphis began the playoffs with the motto "Let's make history," and it needed just one game to do it.



The Grizzlies' Sam Young takes it to the basket in their 101-98 win over the Spurs.

Sixteen years after the franchise debuted in Vancouver, the Grizzlies finally savored their first playoff win in 13 tries.

The top-seeded Spurs didn't stick around to watch Memphis celebrate. San Antonio had a chance to force overtime, but Richard Jef-

ferson missed an open 3-pointer as time expired.

Tony Parker led the Spurs with 20 points, but they sorely missed All-Star Manu Ginobili, who continued to rest his sprained right elbow. Spurs coach Gregg Popovich said Ginobili begged to play, and it's a safe bet the All-Star won't have to convince Popovich for Game 2 on Wednesday.

The Grizzlies spent the week insisting they didn't tank their final two games to assure they'd get the Spurs. But the way Randolph and Marc Gasol bullied San Antonio in the frontcourt, Memphis showed that San Antonio isn't such a bad matchup.

Gasol had 24 points and nine rebounds. Conley scored 15 points and had 10 assists, and O.J. Mayo had 13 points off the bench.

Tim Duncan had 16 points and 10 rebounds for the Spurs, who lost their sixth-straight playoff series opener. PAUL J. WEBER (AP)



As Close as It Gets: Jimmie Johnson won a Talladega two-step Sunday, edging Clint Bowyer by about a foot with a big push from Dale Earnhardt Jr. The official margin was 0.002 seconds, tied for the closest finish in NASCAR Sprint Cup history. The finish matched the closest since NASCAR went to electronic timing, when Ricky Craven edged Kurt Busch in 2003 at Darlington. (AP)

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EDUCATION

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Archbishop Spalding High School, a catholic secondary school in Severn, MD, is seeking a Director of Advancement. The Director must be detailed oriented with an organized and strategic approach to fundraising with experience in managing, devel-oping and coordinating successful fundraising oping and coordinating succession land, and efforts in secondary or higher educational settings.

The Director of Advancement reports to the Presi dent and assumes primary responsibility for the overall direction and leadership of Advancement efforts including (1) annual, capital, endowment campaigns; special projects; planned giving; special events; (2) prospect identification/research; (3) cultivation and solicitation of prospects: (4) volunteer tivation and solicitation of prospects; (4) volunteer organization; (5) gift accounting; (6) donor recognition and gift opportunity programs; (7) marketing and public relations programs; and (8) stewardship. Working with the President, Board of Directors, and Advancement Committee, the Director of Advancement develops multi-year fundraising goals. He/sewill be responsible for planning and managing the advancement programs' budget and personnel, including recruitment, training, and supervision of the professional fundraising team and the support staff.

The ideal candidate will have: a minimum of five years of fundraising experience with a non-profit organization, preferably a Catholic school; major gift program and solicitation experience; the ability to work strategically with key volunteers and staff members; excellent communication skills both verherniests, excellent collimination skins bour ver-bal and written; a talent for managing and moti-vating personnel as well as managing multiple conflicting deadlines; a disciplined focused adher-ence to program goals and priorities; and an under-standing of and commitment to the value of Catholic school education.

> Compensation will be commensurate with experience. References required

Please send resume and letter of interest to: Archbishop Spalding High School
Advancement Director Search Committee
Attn: Dr. Michael Murphy
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or e-mail murphym@archbishopspalding.org

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No solicitations, phone calls, or faxes please.

Maryland Department of Transportation Maryland Port Administration

DIRECTOR OF SECURITY Executive Service Job Announcement

LOCATION: Port of Baltimore, Baltimore, Maryland COMPENSATION: \$90,000 annual salary which is negotiable based on preferred qualifications. CLOSING DATE: **First resume review commences on May 2, 2011**

Position Duties: This is an Executive Service position serving at the pleasure of the appointing authority. The position will be responsible for developing and directing strategic planning, imple-mentation and management of the security function in concert with the overall mission of the Maryland Port Administration and with State of Maryland security plans. Moreover, the position will be responsible for developing and maintaining will be responsible to developing and maintaining a comprehensive security program which protects Maryland Port Administration employees, tenants, property and assets consistent with the threat exposure of the Port of Baltimore and its surrounding jurisdictions. The incumbent of the position also manages a team of security and administrative professionals.

For job qualifications and for information on how to apply, please visit http://www.mary-landports.com/hr or call (410) 385-4543. Call 711 for MD Relay Service. EEO/AFFIRMATIVE ACTION/ADA EMPLOYER

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A Star Is Born Kate Middleton chose a little-known designer for the royal gown 35

A Star Is Born



Booze Clues

Caipirinha Caper

You love to learn things, don't you? Say yes, or you're disappointing LeVar Burton.* Let's lay down some knowledge: You know about cachaca? It's a Brazilian alcohol that's a whole lot like rum, but rum is usually made



using molasses, whereas cachaca is made with sugarcane juice. Nobody really drinks cachaca in the U.S., except when they're having caipirinhas, Brazil's national cocktail, which con-

sists of cachaca, sugar and lime. The more you know!

Cuba Libre (801 9th St. NW), Chinatown's rum bar that has a vibe halfway between Havana and Disneyland, will inaugurate its new happy hour tonight. We love puns, but not this one; they're calling it a "Caippy Hour." Sorry.

The good news is that it'll feature \$5 caipirinhas, caipiorskas (like caipirinhas, but with vodka rather than cachaca) and sakerinhas (you can figure that one out). Selected wine and beer will be \$4, and so will small plates such as spiced meatballs; ham and cheese croquettes with mustard sauce; and plantain chips with pineapple guacamole.

But wait; there's more. Starting in May, the first Wednesday of every month will be an impromptu Carnaval at Cuba Libre, with samba dancing, live music and more cachaca. The restaurant is expanding its specialty caipirinha menu this week, too.

*He hosted "Reading Rainbow." Have you noticed that "Take a look, it's on Wikipedia!" just does NOT flow as

well as "Take a look, it's in a book"?

The Truth Is Out There

Hollywood's latest trend has filmmakers putting conspiracy theories to the test

Movies

Have you heard the one about the moon landing?

Not that it was staged. No, this story involves what Neil Armstrong and Buzz Aldrin were doing during those 21 minutes of radio and video silence on the Apollo 11 mission. Namely, investigating a crashed alien spaceship that turned out to be a Transformer robot.

"The conspiracy existed," says Lorenzo di Bonaventura, producer of the "Transformers" movies. "It was just a different one than people thought."

Conspiracies are the rage these days at the multiplex as filmmakers proffer plots and plans and secrecy, the likes of which haven't been seen since "The X-Files."

"Transformers: Dark of the Moon," due out June 29, uses the Apollo 11 lunar mission. Dimension Films' "Apollo 18" (due out in January 2012) is a horror film that claims to be found footage from a secret lunar expedition that the government covered up because alien monsters ate the astronauts.

There are also conspiracy movies that sport some historical documentation. Robert Redford's "The Conspirator," which opened last week, contains not one, but two







"The possible existence of a conspiracy would be ... solacing, too, because at least somebody knows what's going on."

- LEO BRAUDY, PROFESSOR AND CRITIC

plots: the first involves Abraham Lincoln's assassination; the second, the government's efforts to try the assassins and anyone connected to them without regard to their constitutional rights.

This fall, director Roland Emmerich ("Independence Day," "2012") focuses on the authorship of the works credited to William Shakespeare in "Anonymous."

The arrival of all these movies prompts some reminiscing about post-Watergate conspiracy thrillers such as "Three Days of the Condor" and "The Parallax View."

"When the world gets complicated and people start feeling at a loss, these types of conspiracy stories start showing up in pop culture," says USC professor Leo Braudy, who has written several books on film.

"Pop culture is designed to upset you and give you solace," Braudy continues. "The possible existence of a conspiracy would be upsetting. But it's solacing, too, because at least somebody knows what's going on. GLENN WHIPP (AP)



entertainment lookout

Sayonara, Soaps

The daytime drama is in limbo after two mainstays are axed

Television

ABC canceled two of its three soap operas on Thursday, consigning "One Life to Live" and "All My Children" — and Susan Lucci, daytime's most famous actress — to television history.

The move leaves "General Hospital" as ABC's sole daytime drama, one of only four that will remain on ABC, CBS and NBC's daytime schedule.

Soap operas have been fading as a TV force, with many of the women who made up the target audience now in the work force. In place of the two canceled dramas, ABC will air shows about food and lifestyle transformations.

Brian Frons, head of ABC's daytime department, said the shows were doing well creatively, but falling ratings indicated a bleak future. "If you have a show in severe decline, you're trying to catch a falling knife," Frons said.

Daytime dramas have suffered recently as cable networks such as TLC, Bravo and Oxygen aggressively seek viewers in those hours, he said. Soaps are popular with baby



"All My Children" and star Susan Lucci are being replaced by a nutrition talk show.

"If you have a show in severe decline, you're trying to catch a falling knife."

— **BRIAN FRONS**, HEAD OF ABC'S DAY-TIME TELEVISION DEPARTMENT, REGARD-ING THE NETWORK'S CANCELED SOAPS.

boomers, but younger viewers are more interested in other programming, he said.

"One Life to Live" debuted on July 15, 1968; "All My Children" on Jan. 5, 1970. They were both known for incorporating social issues into their stories. Lucci's Erica Kane was the first regular TV character to undergo a legal abortion, in 1973, said Carolyn Hinsey, author of "Afternoon Delight: Why Soaps Still Matter," out next month.

"All My Children" will go off the air in September, replaced by "The Chew," a live one-hour show about food and nutrition, featuring two cast members from "Iron Chef America" and nutrition expert Daphne Oz, Dr. Mehmet Oz's daughter. Frons described it as a cross between "The View" and a cooking show.

"One Life to Live" lasts until January 2012. Its replacement is "The Revolution," a health and lifestyle show starring Tim Gunn. Each week the show will focus on the weight-loss transformation of one woman. DAVID BAUDER (AP)

Auspicious And Ambitious

For rapper Big K.R.I.T., 'Returnof4eva' is a grand introduction



Returnof 4eva Big K.R.I.T.

Music

If you want to be a rap star in 2011, you gotta turn some heads. So how's this for a big entrance? Small-town Mississippi rapper-producer comes galloping into the blogosphere on his high horse, satchel full of slow-burning beats, tsk-tsking anyone in pursuit of the celebrity that keeps haunting his daydreams.

That's what Big K.R.I.T. is up to on his spectacular new mix tape, "Returnof4eva," a sprawling, 21-track attempt to bring blind ambition into HD focus. As a producer, he's

a Southern traditionalist, aiming to eclipse OutKast's most colorful moments.

As a rapper, he's vivid, introspective and consistently annoyed with the stars in his eyes. On "Free My Soul," he

boasts of a glimmering chain, a shiny Mercedes, a pair of Gucci loafers, but later shrugs, "I'm scared that it all ain't enough to free my soul."

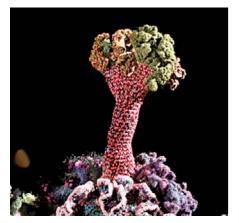
Austerity like that posits K.R.I.T. as the South's answer to Mos Def. But at his most self-righteous, the 24-year-old evokes a star with a much bigger

mouth and even bigger dreams: Kanye
West. CHRIS RICHARDS
(THE WASHINGTON POST)



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Fuzzy Math

It turns out the best way to approximate the hyperbolic geometry that marks a living coral reef is with yarn. Thus the Hyperbolic Crochet Coral Reef, an exhibit of fabricated sea flora. Two sisters in Australia came up with the project as a way to highlight the disappearing corals of the Great Barrier Reef.

Museum of Natural History, 10th street and Constitution Avenue NW; through Sun., free; 202-633-1000, Mnh.si.edu. (Smithsonian)

History BooksWe wouldn't think Maryland

would be that into the Civil War
— it waffled around as a border state, and the state song still has
some pretty uncomfortable lyrics, such
as "Virginia should not call in vain!" But
it's the sesquicentennial of the start of
the war, so all bets are off. The Maryland
Historical Society just opened an enormous Civil War exhibit called "Divided
Voices" in Baltimore. Maryland Historical
Society, 201 West Monument St.,
Baltimore; \$6; 410-685-3750, Mdhs.org.

Pinball Wizard

If you're not familiar, "The Who's Tommy" is a rock opera about a deaf, dumb and blind

boy (played by Roger Daltrey, left)
who becomes a pinball champion. It was made into a 1975
movie, because the 1970s
was a decade when creativity and crazy danced along
a knife's edge. AFI Silver,
8633 Colesville Road,
Silver Spring; Mon. and

silver. (Silver Spring)

Wed.; 301-495-6720, Afi.com/

lookout TV tonight

Best Bets

CBS 8:00



How I Met Your Moth-

er As Barney (Neil Patrick Harris, left) tries to bond with his dad (John Lithgow, right), he wants his friends to lie about their lives so he will appear more interesting. Robin's life could get more exciting for real when she runs into a guy she's been crushing on.



Chuck Who better to help someone who's been conned than a con man? In this new episode, that would be Jack Burton (Gary Cole), Sarah's father, whose help Sarah and Chuck need when they're swindled out of their wedding money.



Gossip Girl Lily's sister, Carol, is in town, along with William van der Woodsen and CeCe, to support her and appear in a photo shoot in which the Rhodes family is taking part.



Cougar Town Ellie takes it upon herself to step in when Jules (Courteney Cox, right) once again becomes overly involved in Travis' life. Bobby and Laurie team up to get the word out about Penny Can. Grayson gets a lesson in friendship. (TRIBUNE MEDIA)





WILLIAM & KATE

Love, Monarchy Style

LIFE **9:00** "William & Kate," starring Nico Evers-Swindell and Camilla Luddington, respectively, features a script cut and pasted from well-known headlines. As stories go,

it's unremarkable. Boy meets girl at college while girl is seeing other boy. Boy and girl become friends and then something more. Boy and girl live together and then apart. Mean, snobby, fancy girls taunt commoner girl for being common. Boy plays field while trying to make up his mind. British media call girl "Waity Katie." Boy realizes what he's missing. Boy pops question. End credits roll. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Cameos



A Special Guest

Sean Combs, aka Diddy, gueststars in a new episode of "Hawaii Five-O" (10 p.m., CBS) as a New York police detective whose family is targeted by a crime lord whose organization he infiltrated. He's out for revenge, and it's up to Five-O to stop him in "Ho'opa'i," Hawaiian for "close to heart." Expect music from Diddy-Dirty Money's album "Last Train to Paris." (TM)



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WHERE INNOVATION IS TRADITION

unions lookout

Meg Newton, Will Sassorossi

Meg, 26, is a coordinator of external affairs. Will, 28, is a player development coordinator at the NFL Players Association. They live in D.C.

THE MAIN EVENT: They'll say their vows May 14 in Meg's grandmother's garden in Beaufort, N.C.

HOW THEY MET: While temping at the convention center selling audio recordings. "We got pretty competitive and tried to out-sell the other," Meg says.

FIRST IMPRESSIONS: "I remember being blown away by her within the first few minutes."

FIRST DATE: "I was so wrapped up in trying to figure out how to ask her out, I didn't hear her ask me out for drinks. I blurted out, 'Want to go for drinks?' and she replied, 'Yes, I just asked you that!' It was golden from then on."

HOW HE PROPOSED: He arranged shells in her grandmother's garden to spell out "I love you." "When I turned around," says Meg, "he said, 'I cannot promise that we will always be in the same place, but I promise you I will always love you." She had just heard that the Peace Corps wanted to send her to Mongolia — she turned them down.



"I WAS SO WRAPPED UP IN TRYING TO FIGURE OUT HOW TO ASK HER OUT, I DIDN'T HEAR HIER ASK MIE OUT." - WILL SASSOROSSI

Wendy Campbell, **Brendon Raymond**

Wendy, 28, is an HR coordinator. Brendon, 32, is a building technician. They live in Falls Church.

THE MAIN EVENT: Friday the 13th isn't bad luck for this couple: They're getting hitched May 13 and incorporating symbols of good fortune into the day. Four-leaf clover charms will adorn the bridesmaids' bouquets, and tables will be marked with horseshoes and other lucky items instead of numbers.

HOW THEY MET: On a Halloween bar crawl. "I noticed Brendon at Front Page, introduced myself at Rumors, danced with him at Mad Hatter and



FIRST DATE: The next day, when they went to a haunted forest in Maryland. HOW HE PROPOSED: On a hike in Great Falls Park, Brendon got down on one knee and said he had something important to say — then tied his shoe. as in Jim's fake proposal on "The Office." This was for real, though. **MOST-HATED CLOTHING ITEM:** Her fluorescent green running visor. PET NAMES: She's "Pretty Wendy Lady" and he's "B-don" or "Brendo." WHEN THEY KNEW: When he was

kissed him at McFadden's."

deployed to Iraq for three months. "There was a lot of stuff I missed while over there, but I missed Wendy the most."

WITH INFINITE FUNDS: "I would show up riding an elephant, and after the ceremony we would take off in a hot air balloon," Brendon says.



Brent Parrish. Rosia Warner

Brent, 34, is a development director. Rosia, 29, is a clinical research assistant. They live in D.C.

THE MAIN EVENT: May 14 in the morning. "We're having a short, spiritual outdoor wedding in Boulder, Colo., with the beauty of the mountains in the background," Rosia says. HONEYMOON: Taos. New Mexico. HOW THEY MET: In Boulder, when Brent had just moved to Colorado from D.C. "I noticed him right away, because he was the only person in Boulder wearing a suit," Rosia says. FIRST IMPRESSIONS: He says she was "hot and sober!" Rosia also had a lot of friends around her, and he

FIRST DATE: A Sarah Vowell book signing at the Boulder Bookstore. FIRST KISS: At Rosia's place after about a month of dating.

found that really attractive.

HOW HE PROPOSED: At the Tidal Basin, "except it was winter, so there were no blossoms yet or tourists," Brent says.

MOST-HATED CLOTHING ITEM: Her pajamas "that make her look like she's 60 years old."

WHEN SHE KNEW: From their second date, on May 1, 2006. Rosia says: "I felt like when we met we had already known each other for a very long time."

Online Now

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Poll Center

Today's Question

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Friday's Results

DO YOU THINK THE AMOUNT OF TAXES YOU PAY TO THE IRS IS FAIR?

"I don't mind paying taxes,

but I think there are high penalties for certain people that are not fair."

COMMENTER COCO

"I would even pay a bit more if asked. I think most intelligent people are OK with being taxed as long as there is transparency."

COMMENTER JJH

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"Chronicling Anakin,
Obi-Wan, and Padme's
narrow escape from
becoming monster food,
the level tells its story
through a series of ice
cream jokes, pratfalls
and silly faces. It's
genuinely entertaining,
despite its relation to
the horrible movie that it
reinterprets."

—GAMESRADAR.COM REVIEWS THE
NEW "LEGO STAR WARS III: THE CLONE
WARS" VIDEO GAME, BASED ON "STAR
WARS EPISODE II: ATTACK OF THE
CLONES."



"As much as I like Gaga's 'Judas,' her 'Born This Way' album cover is just ... stupid. Good concept (she's sort of a Transformer for real anyway) but horrible execution."

-BOYCULTURE.TYPEPAD.COM THINKS
LADY GAGA'S HALF-MOTORCYCLE, HALFWOMAN LOOK IS RIDICULOUS.



"If you ever doubted that our politicians really know nothing about economics, you must watch this video from Rep. Jesse Jackson Jr., D-Ill., who blasts Apple and Steve Jobs for killing American jobs with the iPad. ... It feels silly to even bother refuting this."

—**BUSINESSINSIDER.COM** FOUND THE ILLINOIS CONGRESSMAN'S LOGIC WHEN SPEAKING ON THE HOUSE FLOOR LAST WEEK TO BE BOGUS.



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XX009A 3x4

puzzles lookout

Horoscope

ARIES (March 21-April 19) Anything you say or do that others could misconstrue had better be avoided; think twice before sharing your thoughts.

TAURUS (April 20-May 20) Situations develop that seem to have nothing to do with each other, and yet you have the sneaking suspicion that they are related.

GEMINI (May 21-June 20) Take care that you don't make the mistake of showing off, as your efforts are sure to be taken the wrong way. Play it cool.

CANCER (June 21-July 22)

You're almost sure to know more than those around you about many things, but what's most important to you is what you can learn.

LEO (July 23-Aug. 22) You may be put in a position that requires you to bring a great deal of personal knowledge and experience to bear.

VIRGO (Aug. 23-Sept. 22)

What attracts you to certain endeavors is likely to be a subject that still confuses you somewhat but offers one or two clues.

LIBRA (Sept. 23-Oct. 22) You don't want to do what is expected of you; rather, you would prefer to do that which satisfies your need to cause a little trouble.

SCORPIO (Oct. 23-Nov. 21) You certainly have it in you to go against the grain, and it can actually serve you well. Don't get carried away, however.

SAGITTARIUS (Nov. 22-Dec. 21) A private matter must not be let out of the bag; it's as important as ever that such issues remain well guarded.

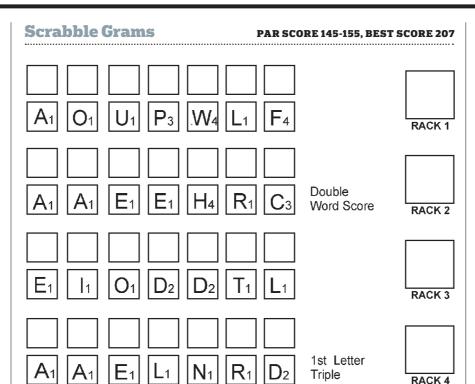
CAPRICORN (Dec. 22-Jan. 19)

You have what it takes to score a major personal victory by day's end, but you mustn't let an interloper snatch this win

AQUARIUS (Jan. 20-Feb. 18) You may not be in the driver's seat, but you can surely influence where you and others will go in an indirect manner.

PISCES (Feb. 19-March 20) You understand that there is a certain art in giving others what they want without sacrificing too much yourself.

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Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

			8			2		
5	3						8	9
		9		4			1	7
8			9			3	2	
			1		3			
	9	3			3			8
6	7			2		5		
6 9	4						6	1
		5			9			

Friday's Solution

9	1	8		3	7	6	4	2
5	3	6	4	8	2	7	9	1
4	7	2	9	1	6	5	8	3
2	9	7	3	5	8	4		6
1	5	4	2	6	9	3	7	8
8	6			7		2	5	9
6	4	5	8	2	1	9	3	7
3	2	1	7	9	5	8		4
7	8	9	6	4	3	1	2	5

Need more Suldolku? Find another puzzle in the Comics section of

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Comics

PAR SCORE 145-155

Friday's Solution

D₂ I₁ S₁ T₁ E₁ N₁ D₂

P₃ L₁ I₁ G₂ H₄ T₁

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POOCH CAFE | PAUL GILLIGAN

RACK 3 = 12

RACK 4 = TOTAL 205









PEARLS BEFORE SWINE | STEPHAN PASTIS







Forecast



2 72 56

Today: Sun and clouds today. Mostly cloudy toniaht.



Tomorrow: A couple of showers tomorrow. Mostly cloudy tomorrow night.

Looking Ahead







81 | 60 | 73 | 48 | 64 | 50

Sun and Moon

Sunrise today: 6:28 a.m. Sunset today: 7:48 p.m. Moonrise today: 8:59 p.m. Moonset today: 6:25 a.m.

Normal high: 67 Record high: 95 Normal low: 46 Record low: 26

Almanac

The Capitol Deal

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Bethesda, MD

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IT'S TIME TO GET ON BOARD



TRACK EXPRESS TRACK CLUB (TETC)

Would like to invite you to the 2011 Outdoor Track Season **Running, Jumping and Throwing**

> interested in having some fun, you are invited to join TETC





OPEN ENROLLMENT

Starting NOW! Practice will be held at **Central High School**

6:00pm - 8:00pm on * Monday/Tuesday/ Thursday

For registration information, please contact:

Coach Anthony Dozier, 301-440-7226/ ant129@gmail.com Coach Gary Smithson, 240-479-1113/ gsmithson0627@aol.com Coach Keith Morris, 202-438-1398/ keith.morris32@yahoo.com Coach Curtis Bass, 301-520-6077/ Curtis.bass@hotmail.com Website: www.trackexpressmd.com

WeekendPass makes the weekend perform.

Every Thursday in Express

lookout puzzles

1/

17

20

25 26 27

33

36

39

42

57

60

Crossword **HOW OFTEN?**

15

18

37

40

28 29

ACROSS

- 1 Come ___ (make a pass at)
- 5 Open-handed blow
- 9 Run-down and filthy
- 14 Assume command
- 15 Atoms having electrical charnes
- 16 Rounded molding
- 17 Aviation prefix
- 18 Young kids
- 19 Actress Sophia
- 20 Not often
- 23 Zillions of years
- 24 "The Hunt for ____
- October'
- 25 Some sorority women 28 Plus, minus or stop
- 30 Give it ____ (attempt
- to do)
- 33 Took on workers
- 34 Volcanic flow
- 35 Gush forth
- 36 Not often
- 39 Brief moments
- 40 Tied
- 41 Good worker's reward
- 42 Suffix of superlatives
- 43 Yet to be paid
- 44 Unflappable
- 45 Zoo beast
- 46 Pail pile
- 47 In a sporadic manner
- 54 Part of a burger with
- "the works"
- 55 Unpleasant smell
- 56 Great Lake touching four
- 57 "Death, be not proud ..." poet John
- 58 Fiddle-playing emperor
- 59 Words before "goal" or
- "course"
- 60 Mean look
- 61 Sign of the future
- 62 Futurist, of sorts

DOWN

1 Count ___ (Lemony

Snicket villain)

45

- 2 "... ___ the twain shall meet"
- 3 Edible rootstock

47 48

- 4 Mileage counters
- 5 March alternatives
- 6 Weavers' machines
- 7 Chip in a pot, maybe
- 8 Verhal nudge
- 9 Like 34-Across
- 10 Steer clear of
- 11 Statistical measure
- 12 High spirits
- 13 Hither's partner
- 21 Yes-man
- 22 Silent film
- accompaniment, perhaps
- 25 "With friends like
- 26 Buzzy places

- 27 Put up
- 28 ___-off shotgun
- 29 Ill-tempered czar

49 50

58

61

- 30 Tree parasite genus
- 31 V-formation fliers
- 32 Had belongings 34 7ero, in tennis
- 35 Solemnity
- 37 Updated
- 38 Play monotonously
- 43 Bartender's gadget
- 44 Type of saint
- 45 Show penitence
- 46 Shopaholic's haunt 47 Get ___ the ground
- floor 48 "The Whole_
- Yards"
- 49 Like most early LPs 50 Word in a footnote

51 "Eater" of Charlie Brown's kite

56

59

62

- 52 Ad word that attracts losers?
- 53 Wine-label datum

16

19

38

30 31

52

54 Takes too many pills

Friday's Solution

¹ M	°о	³s	⁴ T		۶R	° A	⁷ J	³Α	°s		10A	"R	¹² A	¹³B
14A	R	1	Α		¹⁵ O	С	U	L	1		16 M	E	N	U
¹⁷ F	А	\$	т	¹⁸ B	U	С	к	Α	R	¹⁹ T	1	\$	т	\$
20	N	т	Е	R	N	E	Е	s		²¹ E	G	0		
²² A	G	Е		²³ 0	D	D			²⁴ F	R	0	N	²⁵ T	²⁶ S
²⁷ S	Е	R	²⁸ E			²⁹ E	30 M	31B	Α	R		32 A	н	Α
			33 A	³⁴	35 M		³⁶ O	В	٧	П	37A	Т	Е	D
	38	³⁹ N	s	Т	Α	⁴⁰ N	Т	С	0	F	F	Е	Е	
⁴¹ P	L	Α	Т	Е	L	E	Т		⁴² R	Υ	Α			
43	Т	Т		"R	Α	D	0	45 _N			⁴⁶ R	⁴⁷ 0	48 W	⁴⁹ \$
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		⁵⁶ D	0	N		⁵⁷ A	[‰] D	V	Е	R	⁵⁹ B	ī	Α	L
60 S	61 H	0	R	Т	⁶² 0	R	۵	Е	R	С	0	0	K	s
₆₃ C	Α	w	s		⁶⁴ H	E	Α	L	s		⁶⁵ A	s	Е	Α
66	s	N	Т		⁶⁷ S	А	Υ	s	0		88 T	Ε	N	s

<mark>Today</mark> in History

Paul Revere begins his famous ride from Charlestown to Lexington, Mass., warning American colonists that the British are coming.

U.S. Capitol with half a mil-Suffragists show up at the lion signatures on petitions demanding that women receive the right to vote.

The first laundromat opens in Fort Worth, Texas.



Published by Express Publications LLC 1150 15th St. NW, Washington, DC 20071 A Subsidiary of The Washington Post Co. Editorial: 202-334-6800 Fax: 202-334-9777 Circulation: 202-334-6992 Advertising: 202-334-6732 or ads@readexpress.com Classifieds: 202-334-6200

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people lookout



CASHING IN

A 'Candle in the Wind' Moment This Is NOT

George Michael is giving the gift of song to Prince William and Kate Middleton — and everyone else. The musician is making his cover of Stevie Wonder's "You and I" available to download for free and hopes fans will make a donation to the Royal Wedding Charity Fund. "The idea came to me last week, about a week ago, that I should express my happiness at the marriage publicly," Michael said. (AP)

WHAT KATE SHOULD SAY

'This One Has More Hair. I'd Like to Swap Princes.'

Britain's Prince Harry has been promoted to captain in the Air Corps after completing five years' service in the army, palace officials said Sunday. He will now be known as Captain Harry Wales. Harry was also awarded his Apache Badge on Thursday, marking the completion of an eight-month course that included day and night flying and ground school training. (AP)



Kate would never love Harry the way he loved her. But he'd earn her respect!

Messages

Thin and Pretty IS NOT ENOUGH

Gwyneth Paltrow tells Self magazine that she "never thought that I'd be considered to have a good body." Until trainer Tracy Anderson declared that she could "redesign" Paltrow's "long, square butt." "Yeah, good luck," Paltrow said at the time. Now, "the amazing thing is, she was right! And it's still





Let's all sing: If you love Kate and you know it, clap your hands! Clap! Clap!

BIG REVEALS

Instant Fame: Just Add Royals

The designer of Kate Middleton's wedding dress is Sophie Cranston of the Libélula label, according to the Huffington Post, Cranston, 34, is not well-known outside the fashion world, although if this report proves true, her relative anonymity is over. A palace representative did not confirm or deny the news, stating, "We are not being drawn on any speculation on the wedding and cannot comment." (EXPRESS)



MUG SHOTS

As the Camera Focused, He Went to His Happy Place

Nicolas Cage was arrested after he got drunk in New Orleans' French Quarter and argued in the street with his wife over whether a house they were in front of was the one they were renting, police said Saturday. Cage was booked on charges of domestic abuse battery, disturbing the peace and public drunkenness. He was released on \$11,000 bond Saturday. (AP)

"I'm sick of it myself. I think I'm trying to talk about it so much so you guys get sick of it."



- DAVID ARQUETTE TOLD USMAGAZINE. COM AT THE MALARIA NO MORE: HOLLYWOOD BITES BACK! EVENT ON SATURDAY THAT HE'S DONE TALKING ABOUT

HIS MARRIAGE.

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This Easter Sunday: A Special Event for Families in Trouble...

Get help to fix your family problems:

Constant arguments, Divorce, Hate Addictions, Abuse, Problems with the children, Emotional distance...

Let the SPIRIT OF PEACE help you change your loved ones:

"The Spirit of the LORD will come upon you, and you will abe turned into another man." 1 Samuel 10.6

Come and be a part of this powerful intercession!

Many people have been transformed and have seen change in their life and family. You can too!

Jot down the name of the loved one(s) you need help with and bring this portion of the ad to place it at the foot of the cross on, **Sunday**, **April 24**th, at one of the addresses below:

God, I believe you will answer me!



Easter Sunday, April 24th - 11:30am (Also at 5pm*)



The Universal Church:

Washington DC: 217 16th St. NE (Near the DC Armory) • Ph: (202) 239-7752 • Email: uckgdc@live.com

Silver Spring MD: 11120 Lockwood Dr. (Near White Oak Mall) • **Ph:** 1-800-346-8110 * in Silver Spring, only one meeting at 11:30am

FREE STON!